



Passing

In a tag rugby game, you are not allowed to pass forwards. Instead, you must pass backwards – slightly behind and to the side is most common for travelling passes

Key features of a 'pendulum' throw:

- feet evenly spaced and grounded
- arms straight and pointing the way you wish the ball to go after it has left your hands.
- Let go off the ball at approximately 'quarter past'.



Key Rules

- Tag Rugby is non-contact
- When playing Tag Rugby all players wear a tag belt, which has two tags attached to it with Velcro.
- Only the ball carrier can be tagged. A tag is simply the removal by a defender of one of the two tags. Once tagged the player in possession must stop and pass the ball to a team-mate within three seconds.
- Players must be behind the player with the ball in order to receive a pass. If they are not behind the person with the ball they are off-side.
- The defending player who makes the tag must hold the tag above their head, and along with the rest of their team, stand back on their own side allowing the attacker to pass. When the pass has been made the defender must give the tag back to the tackled player before re-joining the game.
- No player can take any further part in the game without both tags properly in place on the belt.
- The object of the game is to score a try by placing the ball with downward pressure on or behind the opponent's 'goal line'. You are not allowed to dive over the line to score.